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Ready for the Cold Season: Winter Health & Beauty

Special Interview

Oscar Brekell

(Japanese Tea Instructor)



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This issue features the top 25 of gift giving and health & beauty. Stay healthy and get ready for a happy gift and home coming season!

02 PEOPLE Oscar Brekell

Swedish-born Japanese tea instructor, Oscar Brekell, demonstrates tea, lectures and shares his charm through his own experiences for Chopsticks NY readers.

WHAT'S NEW

- 04 Drink:** Two New Sakes from TAKARA
Food: Saito and Sugarina's Sweet Collaboration
Book: HELLO KITTY's Coloring Book

FEATURE 1: IDEAS FOR YOUR HAPPY GIFT GIVING

- 06 Personalize Your Gift with Original Gift Cards with Japanese Twists**
08 Gifts from our sponsors for you

FEATURE 2: READY FOR THE COLD SEASON? WINTER HEALTH & BEAUTY

- 11 What You Can Do at Home to Keep the Doctor Away During the Cold Season**
12 Salons that help you "beauty up" in winter
13 Beauty/Hair Salon Guide
14 Health Clinic Guide
15 "Eat Up, Drink Up," Japan Guide

- 20 Japanese Restaurant Review**
22 Japanese Restaurant Guide
34 Grocery Guide
36 "W" Cooking

LIFESTYLE

- 38 Product Review: Sony Portable Ultra Short-Throw Projector**
40 Shop List
41 Focus: Onsenburi Rice Ball
42 School Guide
43 Japanese Crossword
44 Japanese Travel Shoryudo

ASIA

- 46 Asian Travel: Istanbul**
47 Asian Restaurant Review
49 Asian Restaurant Guide

EVENT/ENTERTAINMENT FLEETINGS

- 50 Exhibition**
50 Performance
50 Workshop
51 Event
51 Happenings

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"It is the umami that gives the Japanese tea its sense of richness."

— OSCAR BREKELL

We have seen Japanese green tea and matcha getting more and more popular in the U.S. these days. But do we really know enough about the drink? Before the lecture/presentation in New York, Swedish-born Japanese tea instructor, Oscar Brekell demystifies its features and shares its charms via his own experiences for Chopsticks NY readers.*



What was your first impression when you tried Japanese green tea?

Actually it was not love at first tea cup. I found it too bitter and astringent and I was not used to the fragrance, which I perceived as grassy at the time. I believe that Japanese tea is an acquired taste and that it takes a while to get used to its rather unique taste. Curiously however, once you start liking it, you easily become really hooked. I know many people that have turned into full fledged Japanese tea fanatics despite not having a good first impression.

How did you get involved in this business of promoting Japanese green tea to the world?

When I received my Nihoncha (Japanese tea) Instructor Certificate in 2014, I was just working as

a salesman in Tokyo (within a field completely unrelated to tea) but I wanted to get into the tea business somehow. As I had gone through all the trouble of studying Japanese for years and moved all the way to Japan, I was not content with studying tea only by reading books. So in 2016 I decided to quit my job and move to Shinjuku (Japan's largest tea growing area) where I got an internship at the Prefectural Tea Research Center. That allowed me not only to do in-depth studies about tea but also to get connections within the tea industry. Since people who can speak foreign languages fluently are rare to find in the Japanese tea industry, I was often asked to do different translating jobs for various organizations during my year as an intern. One thing led to another, and just before Christmas in 2015 I received a phone call from the Secretary General of the Japan Tea Export Council, who offered me a full time job. Nowadays I am working not only with the council, but also with JETRO (Japan External Trade Organization) and other organizations, using my language skills as well as the knowledge and experience I acquired during my year in Shinjuku and by visiting other tea producing areas.

Could you tell us the significant features of Japanese green tea as compared to other types of tea, such as black tea and Chinese tea?

Japanese green tea is usually said to have 4 taste elements, umami, sweetness, astringency and bitterness. These elements can be evoked or accentuated in different ways, depending on how you brew your tea. For example, by using cold water you will end up with a tea strong in umami and sweetness whereas tea brewed in hot water will have you with a tea strong in astringency and bitterness. It is, of course, also possible to get anything in between as well if you prefer your cup of tea to be a

perfect balance of all the different elements.

Among the different elements, umami, or savoriness is what makes it stand out from tea produced in other countries, and it is the umami that gives the Japanese tea its sense of richness. However, I would also like to add the fresh aroma as a fifth element. Since Japanese green tea is made by steaming the leaves you are able to keep the natural aroma intact throughout all the production stages. Other types of tea would go through a withering process (e.g. black and oolong tea) or a pan-firing process (most types of Chinese green tea) that would alter both the taste and the aroma to a large degree. However, Japanese tea is produced in a way that keeps the natural flavors alive, from the tea estate to your tea cup.

What aspects of Japanese green tea would you like to promote in the upcoming lecture in New York?

In the last couple of years we have seen a surge in the consumption of Matcha in the United States as well as in other countries. This is, of course, a positive thing, but sadly the Japanese leaf tea is often forgotten. This is unfortunate because Japanese green tea has so much more to offer apart from Matcha. Therefore I would like to seize the opportunity to give all the attendees an introduction to Japanese leaf tea, which is often thought of as a difficult beverage to make, in the sense that it easily turns too bitter. However, once you grasp the basics of Japanese tea brewing, it is easy to make a tasty cup of Japanese green tea. It does not end there though. Apart from the standard way of preparing Japanese green tea, you can use different brewing techniques to adjust the taste and flavor to your own preferences or to the preferences of your guest (if you are making tea for someone else).

Could you share some of the good ways of enjoying green tea at home?

If you are unsure about how to brew your Japanese green tea, try making a cold infusion. By using cold water, the components in the tea will be released more slowly and especially bitterness and astringency will be held at bay. Another good thing about cold brewed Japanese green tea is that it will taste similar regardless of whether a professional is doing it or whether a beginner is doing it. In either way, it is almost failure proof.

Another thing I would recommend is to not be afraid of failure. It's to brew your tea in different ways and try to enjoy yourself as you search for your favorite way of brewing tea. If your tea turns too bitter, steep it for a shorter time or lower the temperature. On the other hand, if you find as if your tea lacks a punch, you should raise the temperature or perhaps steep it for a little longer time. Thickness and weakness can be adjusted by using more or less tea leaves in proportion to water.

If you really want to make the best of your tea experience, I would recommend you to use Japanese tea ware, but even mixing with what you have in the kitchen is an interesting and enjoyable way to go about it if you are a beginner.

You are from Sweden, which is famous for light roast single origin coffee. Do you think such coffee drinking culture affected your way of appreciating Japanese green tea? And if so, please elaborate on that?

Swedes love their coffee and "fika", coffee breaks usually accompanied with some kind of pastry or cookies, is an essential concept in Swedish culture, cherished as an important time for Swedes to communicate and interact with each other, at private or at work. In the case of my family, we were similar to other Swedes but different. Although most of my countrymen would prefer coffee over tea, I grew up with two tea loving parents that were very interested in British culture, so tea (black tea) and breakfast were always present as an integral part of daily life. So while most Swedes would be enjoying their coffee slowly, I would be spending a lot of time with the Queen of Camellias (i.e. tea). So when I started to drink Japanese green tea in high school, it was only natural to try different types of tea, and to spend time on learning how to try to brew tea and handle

teaware etc. When I came to Japan, I finally became able to enjoy Single Origin Japanese tea, something that I had been looking forward to for many years. Putting it in another way, I suppose you could say that I am the grass tea version of a Swedish coffee geek.

Except for the fact that you are non-Japanese, what do you think your uniqueness and strengths are as a tea instructor over other Japanese tea instructors?

Many instructors that are residing in big cities such as Tokyo or Osaka have obtained their knowledge from textbooks but many would rarely visit tea plantations or factories. On the other hand, most instructors that are residing in tea producing areas rarely visit other areas which could make their view on tea a little bit one-sided. As I spent one year as an intern at the Tea Research Center in Shinakas, I have experience in tea cultivation and tea production as well as quality evaluation to some degree. Also, although I live in Tokyo now, I frequently travel to tea growing regions: not only Shizuoka but also Kyoto, Fukuoka, Kagoshima, Gifu and many others. So I believe that I can offer consumers a wider perspective than most other instructors. Also, since I speak three different languages, I am able to convey information to an international audience as well.

You've been living in Japan for 6 years. Could you list some of the places or things to do in Japan you recommend to foreign tourists?

Japan has so much to offer, from bustling metropolises to serene gardens and breathtaking nature. However, the thing that I find most appealing about Japan and which makes me feel privileged to live here is without a doubt the food culture. Although Japan tends to look small on the map, all regions have their specific traditions and unique dishes. So if you find yourself in Japan, make sure to challenge yourself and try as much different food as possible to make the most of your stay. Not only washoku (Japanese cuisine) but also different kinds of fusion food or foreign dishes with a Japanese touch is a feast for both the palette and the eyes. And food would of course not be complete without beverages. High quality Japanese tea and sake for example



Ducan Berckel in tea field in Shizuoka Prefecture

is still hard to come across in the West so this is definitely something that you need to explore when you are in Japan.

Finally, as a tea person, I have to recommend visiting a tea plantation, preferably in one of the mountainous tea growing regions. The lush green tea plants and the misty forest clad mountains that surround them make up stunningly beautiful scenery that is both refreshing and engaging. It is also an excellent place to digest all the thousands of impressions that you will inevitably get during your stay in Japan.

*On November 15, JETRO New York and The Hannabush Book will host a Japanese green tea seminar for professionals from the food and beverage industry and journalists. During which Mr. Berckel will give a lecture and presentation.

Ducan Berckel

Japanese Tea instructor. Born and raised in Sweden he first came to Japan to study the Japanese language while enrolled at Lund University in Sweden. After graduation he came back to Japan for business, and he has decided to pursue his passion for Japanese tea. Currently he works at the Japan Tea Export Council, promoting Japanese tea to most out side Japan. He also gives lectures and seminars both in Japan and other countries like book Tokyo got Kinshu Minomichi in Koto (falling in love with Japanese "Tea") (Japan news only) was selected this August.

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All Things New from Stores, Products to Events

DRINK

Two New Sake from TAKARA

TAKARA SAKÉ headquartered in Berkeley, California, is one of the oldest breweries that produces sake in the US. The company has brought many hit sakes to the market, and it recently released two new ones: YUKI NIGORI Mango and Sho Chiku Bai Rei Junmai Daigyo.

The YUKI NIGORI is a popular nigori-on sake (unfiltered sake) series consisting of White Peach and Lychee. The latest addition to the series, YUKI NIGORI Mango, highlights the refreshing mango flavor in the solid body of the junmai nigori sake. Since it has only 12% alcohol by volume, it feels light and is easy to drink. You can drink it as a refreshing aperitif or a dessert beverage, as well as use it as a cocktail base. Sho Chiku Bai Rei Junmai Daigyo was created with food pairing in mind. Made by milling Calrose rice into 50% remaining ash and brewed at a low temperature, this daigyo sake boasts a mild aroma and relatively dry flavor with a touch of round sweetness from the rice's umami. Its taste profile makes it a great accompaniment to a wide variety of foods from sushi to tempura to dessert.

Both YUKI NIGORI Mango and Sho Chiku Bai Rei Junmai Daigyo are perfect for the upcoming party and family gathering season.

Info: www.takarasake.com



YUKI NIGORI Mango looks white as snow and has a silky rich texture with a juicy mango flavor. Being a nigori-on sake, it leaves white rice sediment at the bottom, so make sure to shake well before drinking.



Sho Chiku Bai Rei Junmai Daigyo goes well with various types of food from lightly brewed sashimi to fatty pork chops. It can accompany a variety of courses used in a big party.

FOOD

Sanrio and Sugarfilina's Sweet Collaboration

Luxury candy boutique, Sugarfilina, and Japan-born global lifestyle brand, Sanrio, made the sweetest collaboration ever. They recently released a candy collection "Sanrio Loves Sugarfilina", including two new candies of world's famous pop idol characters, HELLO KITTY. A gummy candy, modeled after KITTY's red bow, has a strawberry flavor, and one with her facial silhouette has "her

mother's favorite apple pie" flavor. The candies are housed in a limited-edition, ribbon-shaped package, making it even more adorable. Also available in the collection are other Sanrio characters' candies, all created by reflecting each character's personality. Finally, the Design Your Own Candy Bento Box™ completes the immaculate collection. When you open the candy box, a document with Sanrio characters pops up, allowing you to arrange your choice of candy cubes. The Sanrio Loves Sugarfilina Collection is available online at www.sugarfilina.com.

www.sugarfilina.com



BOOK

Bringing Pop-Icon to Life: HELLO KITTY's Coloring Book

and more adorable characters from Sanrio, one of the world's largest lifestyle brands. "Crayons, markers, pens, colored pencils and a love of Hello Kitty are all that's required to bring this book to life," says Joel Enos, Editor. "Sanrio fans of all ages will enjoy hours of fun with this fall release." Designed for coloring fans of all-ages, THE HELLO KITTY & FRIENDS COLORING BOOK is now available for \$15.99 (MSRP).

www.viz.com

Coloring books attract all generations even in this digital media-driven society. VIZ Media, a premier company in the fields of publishing, animation distribution, and global entertainment licensing, just released THE HELLO KITTY & FRIENDS COLORING BOOK in October. It features more than 40 original line art illustrations depicting Hello Kitty, My Melody, Keroppi, Pochi-Man, Chococat



Ideas For Your Happy Gift Giving

P.06

Personalize Your Gift with Original Gift Cards with Japanese Twists

We introduce three easy recipes for making eye-catching gift cards with Japanese twists.

P.08

Gifts from our sponsors for you

Do-in Seitai Center / Hisako Salon / Spa Karen NY / Kulu Desserts

Ready for the Cold Season: Winter Health & Beauty

P.12

What You Can Do at Home to Keep the Doctor Away During the Cold Season

We consulted with an expert for tips to stay healthy and survive this harsh environment.

P.13

Salons that help you “beauty up” in winter

ArtsyM Hair & Makeup-Miyu Asakawa / Spa Karen NY / Yo-C Salon

Personalize Your Gift with Original Gift Cards with Japanese Twists

Whatever you choose for your loved ones this gift season, the best way to personalize your gift is to send it with a personal gift card. Here, we introduce easy recipes for making eye-catching gift cards with Japanese twists.

IDEA 1 Gingerbread Men "Nagashi" Holiday Card



What you'll need:

- Cardstock (Green/White)
- Cardstock (Pink)
- Yellow Paper
- Pen or Pencil
- Ruler
- Scissors
- Double Sided Tape
- Marker
- White Pen (Optional)
- Honey Card or Minusab



Shiko Masuda

Gift wrapping artist and instructor. After providing gift wrapping services to individuals and businesses in New York City, she started a YouTube channel "Paper Guru" to share her ideas with the global audience. She currently resides in Japan and offers various gift wrapping classes at the online school she started in 2016.

www.shikomassuda.com
www.youtube.com/user/ShikoMasuda



1 Cut cardstock to 6" (height) x 9" (width) then mark and draw lines at 2" from the left and right sides.



2 Fold in the middle.



3 Print out the downloadable PDF "Gingerbread Man" on the brown paper (you can also draw it freehand) and cut him out.



4 Add wrap if you like.



5 Cut the Gingerbread Man in half and place strips of double sided tape along the cut ends.



6 Align the cut ends to the edge of the card.



7 Write your message on the yellow paper. Make sure the message stays in the middle then cut the yellow paper to a length you can wrap around the card.



8 Close the ends of the yellow strip with double-sided tape. Tie honey cord or minusab cord around the card then make a single bow.

IDEA 2

Christmas Present Tree

What you'll need

- Cardstock
- Ruler
- Pen or Pencil
- Scissors
- Cutting mat / Craft knife
- Washi tapes (various)



Get cardstock to 12" (height) x 8" (width) then fold a half width-wise



Draw an isosceles triangle (2 1/2" bottom / 3 1/2" height) in the center of the left side of the paper and cut it out



Color the card then draw lines along the edges of the triangle



Open up and cover the triangle you just drew with strips of different washi tapes



Draw a line on the top of the "washi tape present box tree" and write your message on the bottom



Decorate the front side edges with washi tape as well and you're done!

IDEA 3

Happy Holiday Mount Fuji

What you'll need

- Cardstock (for card)
- Cardstock (for Mt Fuji Message Card)
- Cardstock (for Holiday Trees)
- 2 pieces (about 2" squares) with Japanese design
- Scissors
- Double Sided Tape
- Pen / Pencil
- Washi Tape
- Rubber Stamp (Little Stamped & Ink Pad (optional))



Get cardstock to 6" square. Measure and fold up as 2"



Cut the shape of two hills as shown in the picture



Flip the cut off piece creating the layer behind the front paper. Then attach it with double sided tape



Stamp "Happy Holidays" with letter stamps or any other way



Get another cardstock to 4" (height) x 8" (width) and draw Mt Fuji



Cut along the curving line



Cut 2 different types of decorative paper to 2" squares or bigger. Tape them in the cardstock with double sided tape.



Draw a Christmas tree as the back side cut along the line



Position the trees then attach them to the front flap with double sided tape



Color the sides with washi tape



Write your message on the back of the Mt Fuji and you're done!



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"I always wanted to bring back the impeccable quality and unique craftsmanship of Japanese made items to the US."

"This is around every time I go to Japan that I wanted to share it with everyone back home," says Ray Stewart, CEO of Gokan ST.

A chance meeting initiated by Ray's longtime friend Takako Inoue with Japanese business leader Tokikazu Ikeda led the improbable threesome to create Gokan ST, a special by shawarma that introduces curated Japanese made items to the U.S. Each item is carefully chosen to enhance the living space by satisfying the two senses (S&S Gokan).



Ray & Takako

Currently Gokan ST features Egretta speakers, winners of the "Good Design Award" & "Audio Excellence Award." After decades in the music industry and countless hours in professional recording studios, Stewart says that "hearing Egretta speakers for the first time made my desire to again be involved with music, but this time on the receiving end."

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What You Can Do at Home to Keep the Doctor Away During the Cold Season

The mild season is now over, and we are entering into severely cold New York weather. To stay healthy and survive this harsh environment, Chopsticks NY consulted with Ms. Asako Miyashita, Registered Dietitian Nutritionist in New York, for an easy and practical regimen that we should follow everyday to stave off colds.

Keep Your Body Warm Enough

It is commonly known that when it gets cold outside, the body temperature goes down and ultimately people get sick. This is caused by the fact that your immune system becomes weak and autoimmune stress becomes hard to control due to this lowered temperature. "The way to protect your immune system from the cold in winter is to keep warm," says Ms. Miyashita. She suggests moderate exercise such as walking, stretching before going to bed, and going up and down the stairs.

"People in Japan bathe every day, and this helps warm you up very effectively. Taking a hot bath makes you relaxed physically and mentally, and I highly recommend this at least once or twice a week." Some people prefer hot and some lukewarm, but try to find a temperature where you feel comfortable when you dip your feet in. Placating bath like footbaths might work, but Ms. Miyashita recommends bathing your full body because that can warm your kidneys and liver as well. "Even if you cannot find time to take baths that often, you should take them when you feel like your body is chilly or tired. When you are in a tired you might want to sleep as soon as possible, but you need to take a bath to relax your body, especially in that situation. Then you can get the good, deep sleep that is also the key to maintaining the healthiness of your immune system." She suggests that if you don't have a bathtub at home, you can hold a yutampo (Japanese hot water bag) while you sleep.

Eat Lots of Greens and Fermented Foods

An appropriate diet is also necessary to fight off colds. "Consuming enough Vitamin C and fermented food is key," says Ms. Miyashita. Vitamin C is a major nutrients component that defends you from cold and flu, so it is recommended to eat vegetables with dark green colors such as spinach, broccoli, kale and bok choy. "If you notice cold symptoms, drink extra amounts of lemon water (Squeeze a half lemon into hot cold or hot water), vegetables and even Vitamin C tablets. I also enjoy with bancha-grade grain tea with a pinch of salt, which has a good disinfectant effect." Fermented foods help you keep your intestinal environment healthy with a good amount of bacteria. "I would choose foods like natto (fermented soybeans), pickles, brinjal, yogurt and kefir for this season." Also recommended during this season are ingredients with good fats (olive oil, nuts, fatty fish) and dishes like miso hot pot, soup, and dashi-based that can warm you up from the inside.

Basics You Really Have to Follow for a Sickness Free Winter

In addition to the points mentioned above, there are some more important things that help stave off sickness free winter. It is really a must to wash your hands and gargle after coming back from outside. Also, try not to let your neck and décolleté get cold because these areas have thymus that control the immune system. This is true all year round, and you need to drink enough water, about 8-10 glasses depending on your body condition. Finally, a warning from Ms. Miyashita is that those who love drinking alcohol. "Don't drink too much. Alcohol makes your liver overwork. Since the liver is an organ that controls metabolism and detoxification, you need to take good care of it." No need to take medicine if you just keep these things in mind to stay healthy during the cold winter.



People in Japan take a hot bath everyday. This is believed not only for relaxation, but also increasing the health of your immune system. Taking a hot bath will make you feel warm and relaxed.



Yutampo is a Japanese style hot water bag for warming your body. It's ecological and effective.



To avoid getting a cold, protect your throat by gargling with green tea with a pinch of salt after coming back from outside.

Illustration by Miki Naga



Asako Miyashita, MS, RD, CDN
Registered dietitian nutritionist in New York who offers nutrition counseling and lectures for various medical conditions such as diabetes, thyroid issues, oncology and weight issues. She holds a Master's degree in Nutrition Education from Teachers College, Columbia University.
www.asakomiyashita.com

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Opened in 2008, Y.O.C. Salon is the brainchild of Yoshihiro Yamazawa, aka, Y.O.C, who worked at Vidal Sassoon, Oscar Reed, and other salons in Tokyo, Paris, and New York. His sense of style, refined technique, and attention to detail attract many loyal and new clients. "It's the time to change your hair color to brighter tones and brighten up your mood for the winter," suggests Y.O.C. This salon is known for its Japanese Brightening zero quality Japanese products that are gentle to the scalp and hair. The salon also offers head Spa by hand massage specialists.



225 E. 58 St. (bet. 2nd & 3rd Ave.)
New York, NY 10003
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info@yocsalon.com
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Eat Up. Drink Up. Japan

Chopsticks NY's first food and sake event, "Eat Up. Drink Up. Japan" kicks off on October 27 in Midtown, New York. Here are the complete lists of food and sake being served these

Food List

Hokkaido & Tohoku Region

Salmon Teraki-Jushi topped with kani (salmon rice)
Dashi Dofu (Tofu topped with dashi sauce full of seasonal vegetables) @
Shio-Itan Minced Beef Teraki: Roast served with Grated Japanese Yams

Kanto Region

Utsunoyaya Gyozo (Pan-fried gyozo dumplings full of nappa cabbage)
Deep Fried Monshiki with ginger zest
Maui's Miso served on Cucumber @

Chubu & Tokai Region

Nagoya Tebasaki (Deep-fried chicken wing soaked in special sauce)
Somened Anzaku (Radish topped with Yuzu Miso Sauce) @
Sasa-nashi (Sushi tossed with chicken and vegetables served on a bamboo leaf)

Kinki Region

Osomoyoshi (Savory pan-fried pork and vegetables)
Rakuso-nashi (Sushi-rice meat with roasted turnip and vegetables)
Miso Dengaku (Roasted eggplant dressed with miso sauce) @

Chugoku & Shikoku Region

Ito-erabu (Pork cooked with red snapper and dashi from the fish)
Kansu Inaba (Seared beets)
Shoyu Mame (Roasted fava beans re-marinated in shoyu bean sauce) @

Kyushu Region

Gani (Jukerman vegetable tempura) @
Roasted Wagyu Beef
Pork Kakuni (Pork belly simmered with shoyu base sauce)
Vegetarian dishes are indicated with a @ mark.

Sake List

Mami Family Sugidama Jumanji Gyojo (Mami Family Brewery)
G Filly Jumanji Gyojo Gorocho (Sake/Orai)
Gassanyo Kinanagi (Shinto Sake Brewery)
Uta Gassanyo Fuka (Shinto Sake Brewery)
Mitsunogawa Jumanji Gyojo (Imoto Shuzo)
Stella Jumanji Daigyojo * (Iwata Shuzo)
Tsukikuni Taiyori Gyojo (Tsukune Shuzoten)
Jumanji Muroka Nana Gensho "Tsukikuni Gakkyomatsugake" (Tsukune Shuzoten)
Kabota Sake * (Asahi-Shuto Sake Brewing)
Kabota Jumanji Daigyojo (Asahi-Shuto Sake Brewing)
Kabota Senjo (Asahi-Shuto Sake Brewing)
Tengamen Jumanji Daigyojo * (Shuto Sake Brewery)
Tengamen Yumaki Jihara Jumanji (Shuto Sake Brewery)
Tengamen Utsunoyama (Shuto Sake Brewery)
Shimoharabaru Jai (Miyao Sake Brewery)
Yashinogawa Gokube Gyojo (Yashinogawa)
Mitsunaka Jumanji Gyojo (Imoto Shuzo)
Matsu No Hara Jumanji (Kawashima Shuzo)
Shin Jumanji Gyojo (Kawashima Shuzo)
Umenoyoda YUZU Sake (Umenoyoda Brewery)
Dancey Ozeki Gigahei (Ozaki Sake [U.S.A.] Inc.)
ICEZO Sparkling Jelly Sake (Ozaki Sake [U.S.A.] Inc.)
Ozaki Karafunda Hongozo (Ozaki Sake [U.S.A.] Inc.)
Ozaki Yamadaishiki Takabetsu Jumanji (Ozaki Sake [U.S.A.] Inc.)
Hakutsuru Taji-Kan (Hakutsuru Sake Brewing)
Dassai 23 * (Asahi Shuzo)
Dassai 58 (Asahi Shuzo)
Sergin Jumanji Gyojo Kotku No.54 (Suigo Shuzo)
Amabuki Cap Sake Musigaki Yamahai Jumanji (Amabuki Shuzo)
Amabuki Cap Sake Sawtooth Jumanji Gyojo (Amabuki Shuzo)
Amabuki Cap Sake Strawberry Jumanji Gyojo (Amabuki Shuzo)
Yamazaki Takabetsu Jumanji (Yamazaki Sake Brewery)
Sake with tobacco are served at the Daigyojo Counter in the VIP Room

VIP Room

Daigyojo Counter

Sake Sommelier Toshiyuki Kikuchi of Wasan Brooklyn, will serve a selection of daigyojo sake with different taste profiles

Matcha Counter

Guests can try different grades of matcha green tea served by Ippodo Tea, a 200-year old premium tea purveyor from Kyoto

The event is supported by:



AMABUKI CUP SAKE

A Unique Sake Brewed with Flower Yeast from Saga, Japan

Sake Meets New York!

The Story of Creating the Amabuki "Flower Yeast" Cup Sake

An exciting new sake has just made its debut in New York: the Amabuki Cup Sake, brewed with yeast extracted from flowers. The producer, Amabuki Brewery located in Saga Prefecture, has over 300 years of history, and it is currently headed by the 12th generation president Satoru Kinoshita. He established a method to brew sake using flower yeast while he was a student at Tokyo University's Agriculture's Zoology Department, and this inspired him to create sake at his brewery using only yeast from flowers including sunflowers, marigolds and strawberry blossoms.

The Amabuki sake brand began selling standard 720ml bottles in New York in 2015. Many people in the Japanese restaurant industry were concerned that the flower yeast sake would be too aromatic or that it would just be a gimmick. But brewery President Mr. Kinoshita noted that despite this, his sales were widely embraced by non-Japanese sommeliers and chefs. He realized that this was because they had no preconceived notions about sake and that they were willing to try something new. Kinoshita next came upon the idea of using a cup sake to appeal to New Yorkers interested not only in trying a new sake but also in fun design and in a good sake, too.

To create a cosmopolitan design, New York-based designer Fuko Chabuchi was brought on. Chabuchi has done art direction for big names such as Michael Jackson, Beyoncé and Mariah Carey, and as a sake fan herself, she was an ideal fit for this project. The goal of the design was to incorporate graphic elements from both Japan and New York City, while expressing the delicious flavor of the sake as well. The hand-drawn design is printed directly onto the cup, so that the glass cup can be re-used after drinking the sake. Both the brewer and designer hope that this design and this sake both garnish new sake fans!

Amabuki Cup Sake comes in three flavors: Marigold Yamabuki Junmai, Sunflower Junmai Ginjo, and Strawberry Junmai Ginjo.

Pairing of New York and Japan, Caricature and Tradition: Comment from designer Fuko Chabuchi

While creating the Amabuki Cup Sake designs, I kept "accommodating to New Yorkers" in mind. So I infused the designs with a local touch by incorporating iconic New York scenes, buildings and images to motifs. At the same time, I wanted to express the sake's deliciousness and visual appeal. Therefore I chose the hand-drawn illustration style with a distinctive quality and a pop-art feeling. What I struggled with most was the color. Because we were printing the design directly on the glass cups, it was quite hard to produce the colors I was going for. After because the test glass cups were actually produced in Japan and checked in New York, it was a challenge to go back and forth several times to get the color just right. I was particular about the colors that would represent the different Amabuki Cup Sake flowers. It took a long time to finalize the design, but I am happy that we can now provide New Yorkers with a new, fun, filled and approachable sake.



www.amabuki.com
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g
Sake

Medium-dry on the palate, ultra-premium G Fifty features a silky texture with subtle notes suggestive of peaches, grapes and pear with a balanced finish.

MORE INFO:
sakeone.com

Murai Family
Sugidama Junmai Ginjo
Aomori, Japan

MURAI FAMILY

This beautiful sake starts out fresh and fruity with a weighty mouthfeel and then miraculously morphs itself into a light and dry finish. Aromas of tropical fruits, ripe pineapple and banana are followed by flavors of dry pear and kiwi.



Yoshi-no-gawa
Gekujo Ginja
Niigata, Japan

吉の川
Yoshi-no-gawa

Delicate, dry and crisp, elegant finish. Soft acidity and subtle complexity are noted before hints of citrus, fresh herbs, and stone fruits like peach and mandarin. A limoncello finish provides a silky, smooth mouthfeel.



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TOJI-KAN is made from 100% Yamada Nishiki, a Sake rice of the highest quality. It is a premium Sake with a mellow, rich flavor, and was created by our very own Top-Kan, Masao Nakazono, who was awarded the Medal with Yellow Ribbon by the government of Japan for his achievements.

MORE INFO:
www.hakutsuru.co.jp/english/product/tojikan

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frozen dessert**




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www.janyaya-usa.com [Facebook: janyayamochi](https://www.facebook.com/janyayamochi) [Instagram: janyayamochi](https://www.instagram.com/janyayamochi)

**Wasan Dish Wowed
World Leaders**

Crafted by Wasan's Executive Chef, Com Ajedador (Food) corn paste crafted with shrimp in dashi sauce, \$12) was served at the special banquet hosted by Prime Minister Shinzo Abe. The dish that wowed world leaders is now available at Wasan Brooklyn.



和参 Wasan 640 Gargan St., Brooklyn, NY 11217
TEL: 347-724-9555 www.wasan-nyc.com

Japanese Restaurant Review

Zawa Japanese
Maki•Maki
Sushirrito

"WA" Cooking

Salmon and Mushroom Pocket

Listings

Japanese Restaurant
Grocery

Zawa Japanese

2147 86th St. (bet. 3rd & 3rd Aves.) New York, NY 10026
Tel: (646) 682-7399 | www.zawajp.com
Tue-Thu: 5:30-10:30 pm Fri-Sat: 5:30-11 pm Sun: 5-10 pm

Zawa Japanese opened on the Upper East Side late this summer, and it has already established itself as a neighborhood spot. Owner/Chef Makoto Yoshizawa's two missions are to provide delicious food for customers and for them to leave satisfied. In order to fulfill the latter, his sushi are of significant size. Sushi for 2 features 18 assorted pieces of popular sash, three cut up rolls and miso soup, and Omakase (chef's choice) is a steal at \$95. In addition to sushi, Yoshizawa strove to create a comprehensive menu with dōban, noodle and teriyaki dishes. Salmon Teriyaki features selected southern quality salmon with sweet soy sauce served with rice, salad and miso soup. Zawa's wide selection and reasonable prices are appealing, with daily appetizer specials such as Nabe Dengaku (grilled eggplant with miso sauce) and Ageshu Dots (deep fried tolu served in dashi sauce) in the \$5-\$7 range. Now that we are experiencing autumn appetites as the weather gets colder, Yoshizawa recommends seasonal items such as toro-ebi, Pacific saury, golden eye-skipper and matsukake mushrooms. For those who want to enjoy drinks with their meal, Zawa offers a wide variety of sake, beer and wine.



Zawa's sushi features abundant toppings and the elegant rice is delicious. From left to right, here are toro, ebi, unagi and salmon.



Zawa's sleek and spacious interior seats 31 and can be rented for private parties.



Owner/Chef Makoto Yoshizawa takes great pride in his work and it shows.

3 Best Sellers

- Sushi for Two
- Omakase
- Salmon Teriyaki

\$10
\$25
\$22

MakiMaki

1260 Sixth Ave. (bet. 5th & 6th Sts.) New York, NY 10019
 (212) 213-0560 | www.makimaki.nyc
 Mon-Fri: 11 a.m.-9 p.m.; Sat & Sun: 12 p.m.-7 p.m.

With a huge octopus behind the counter to welcome customers, Japanese roll specialty shop MakiMaki is a wonderful addition to Midtown's food scene. Since July it has been offering both traditional and hand rolls in a variety of combinations. Owner Kaven Takekoshi's philosophy is to offer high-quality fish, seaweed and rice at supermarket prices. With plentifully filled hand rolls starting at \$4 each and out-up rolls at \$5, MakiMaki both satisfies customers and won't break the bank. Takekoshi comes from a family of restaurateurs, and his culinary know-how is evident. Some standouts include salmon avocado, spicy tuna (with mayo/tick oil) and blue crab (with avocado/cucumber), and the highest priced \$15 Miso togo (with shiso and cucumber) sells out daily. For \$50 each, there are multiple options for roll customization such as adding pickles, shrimps and tempura flakes, as well as additional sauces such as wasabi, cream cheese and spicy pesto. Drinks feature tea from Shokoku-listed 800-year-old manufacturer Honyama, and several matcha options are available. For those who might crave a snack later in the day, make sure to get an extra roll to go as MakiMaki's plastic wrap ensures that it won't become soggy.



Some of the delectable hand rolls available: blue crab and spicy tuna.

MakiMaki's array of freshly selected matcha drinks are made with Honyama tea.



Owner Kaven Takekoshi and team provide customers with high-quality ingredients and fast service.

Sushirrito

12 98 23rd St. New York, NY 10009 | TEL: 646 775 3277 | Mon-Sun 11 a.m.-10 p.m.
 1400 Broadway New York, NY 10018 | TEL: 917 683 9836 | Mon-Fri 11 a.m.-8 p.m.
 www.sushirito.com

Before you write off the 'sushi burrito' as just another culinary fad, try some of the best around at Sushirrito. This restaurant is a shining example of how to go beyond a packaging concept — the actual vision is to provide high-quality meals in fast-casual dining. Founders Peter Yen and Ty Mobley are fully committed to using the best possible ingredients, from high-grade Koshihikari rice to their own proprietary non-irradiated seaweed that stands up to the task of holding everything together. Each burrito is the perfect synergy of Japanese and Latin flavors, from the plump yellowfin tuna and creamy guacamole of the Gunkle's Kiss to the toothsome crab and tempura shrimp of the Sano Crunch and the beautifully executed towehe-style salmon poke of the Lato Waga. You won't find thick sauces or an excess of rice that overpower the experience elsewhere — every bite delivers on the promise of sushi-grade fish or perfectly cooked meats, with accompanying textures and seasonings that have been carefully thought through. At a time when diners are seeing so many sushi or poke concepts, Sushirrito is among the few that is doing it right — offering flavor, quality, imagination, and consideration that will obliterate any pre-conceived notions you have. Lunch or drinks: add this to your list as a counterbalance to your sushi diet.



The thought is, clean spaces are perfectly designed for fast service and relaxed eating.



Pokebop, house-made drinks come in flavors like Hibiscus, Blueberry, and Mango.

3 Best Sellers

- Gunkle's Kiss (Yellowfin Tuna) \$14.50
- Sano Crunch (Crab and Tempura Shrimp) \$19.50
- The Karsage (Fried Chicken) \$10

3 Best Sellers

- Salmon Avocado \$7 out up/\$5 hand roll
- Spicy Tuna \$7 out up/\$5 hand roll
- Yellowtail Scallions \$9 out up/\$5 hand roll

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Midtown West **GO GO CURRY***



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Midtown West **Yama Ramen**



Yama Ramen is a new Japanese restaurant located in Midtown West. They serve authentic ramen, udon, and other Japanese dishes.

200 W. 100th St. (bet. Broadway & 10th Ave.)
212-693-7979

Midtown West **Beachcom**

400 W. 100th St. (bet. Broadway & 10th Ave.)
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Make no mistake – the barely three-month-old sushi restaurant, Shumi, may prove itself to be one of the greats. Located in Ridgewood, New Jersey, this material establishment is pulling no punches when it comes to presenting authentic Japanese techniques, flavors, and experiences. True World Foods is proud to be part of this new enterprise as a purveyor of the restaurant's exceptional selection of high quality fish.

Spearheaded by Owner and Executive Chef, David Seo, Shumi means "taste" (as in "preference") in Japanese, and the name pays homage to one of the Chef's mentors (and co-owner), Kunethiko Akasa who opened the first Shumi in Somerville, NJ. Chef Seo trained extensively in New York City (Moby, Sushi Samba), and is incredibly passionate about offering an authentic experience to his customers. While sporting a robust menu, the core focus of the restaurant is omakase, which comes in two varieties: a 13-course version (\$68), and a 20-course version (\$100). Both are carefully designed to take you on a journey of the senses.

Every morsel of food in Chef Seo's omakase effortlessly transports you to Japan. The parade

of prime cuts, from O-Toro to Japanese Red Shrimp, is exquisite. Standouts also include the rich and creamy combination of Monkfish Liver and Toro. Creative rolls, like the house Shumi Roll and the Spicy Dragon Roll, are also not to be missed. And if you opt for the larger omakase, they even finish the meal with caviar that washes everything down with unrivaled decadence. But it's the fish that's the star, and Chef Seo never lets you forget it.

"When we started building the restaurant, True World Foods was the first place I called," said Chef Seo. "I trust them. They always have the best quality, and just as importantly, they have the best service. My representative always comes by for a visit just to see how things are going. And when we need something quickly – and we always need something daily because of how much fresh fish we serve – they are always there to get it to me. Even if it has to be down to me personally."

We are in the midst of the new era of sushi, when key words like 'omakase' and 'Tsukiji' are no longer a luxury – they're expected. And True World Foods is poised to deliver on the expectations of diners and restaurants, no matter where they may be.



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The Shumi Roll combines spicy tuna, shrimp, caramelized spicy mango, and imitation caviar.



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The following is our list of stores where you can buy Japanese food and sake.

* Checkdays NY area code to pick up

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Midoriya Wines
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780 W. Northern Blvd. Flushing NY 11354 Japanes
718-493-3000

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718-493-3000

H Mart Union

24-25 1st St. Union NY 10884 Japanes
718-493-3000

H Mart W. 10th St. Park*

420 W. 10th St. Union NY 10884 Japanes
718-493-3000

H Mart Woodside

54-10 Woodside Ave. Bayside NY 11354 Japanes
718-493-3000

Sakura Inn

2140 Astor St. Forest Hills NY 11375 Japanes
718-493-3000

Tsuyu Foods*

840 1st St. Bayside NY 11354 Japanes
718-493-3000

H & Y Marketplace

410 1st St. Bayside NY 11354 Japanes
718-493-3000

H Mart Great Neck*

430 Great Neck Rd. Great Neck NY 11021 Japanes
718-493-3000

New Japanese Foods*

1000 Main St. Port Washington NY 11050 Japanes
718-493-3000

Shin Nippon Do*

21 Main St. Bayside NY 11354 Japanes
718-493-3000

DAVID

420 1st St. Bayside NY 11354 Japanes
718-493-3000

Fuji Mart Secaucus*

110 1st St. Secaucus NJ 07094 Japanes
201-493-3000

H Mart Manhattan*

211 W. 11th St. New York NY 10011 Japanes
212-493-3000

Kam San Foods*

21 1st St. New York NY 10011 Japanes
212-493-3000

MIYU Market*

110 1st St. New York NY 10011 Japanes
212-493-3000

Dischino*

201 1st St. New York NY 10011 Japanes
212-493-3000

Pond Farmer

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H Mart Englewood

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H Mart Little Ferry

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H Mart Ridgely

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140 1st St. Ridgely NJ 07070 Japanes
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201-493-3000

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201-493-3000

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201 1st St. Ridgely NJ 07070 Japanes
201-493-3000

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201-493-3000

BLK Import

201 1st St. Ridgely NJ 07070 Japanes
201-493-3000

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201-493-3000

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201 1st St. Ridgely NJ 07070 Japanes
201-493-3000

Aster Wines & Spirits

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201-493-3000

SAKURA*

201 1st St. Ridgely NJ 07070 Japanes
201-493-3000

St. Marks Wine and Liquor

201 1st St. Ridgely NJ 07070 Japanes
201-493-3000

Warehouse Wines

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201-493-3000

East Village Wine

201 1st St. Ridgely NJ 07070 Japanes
201-493-3000

New York Wine Exchange

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201-493-3000

Rosetta Wines*

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201-493-3000

Crusier Wine & Spirits*

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201-493-3000

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"WA"

Cooking

"Wa" means "harmony" and "balance" in Japanese and also signifies "Japan." In this cooking corner, Chopsticks NY introduces Japanese dishes that are harmonious with our everyday life in the U.S. Each month we share one recipe alternating between Sweets, Savory and Fusion categories. This month, Masako Saito shares a perfect way of capturing autumn flavors into a piping hot foil wrap dish. Mushrooms and salmon accentuated with butter—that can never go wrong.



Recipe created by
Masako Saito

Savory

Salmon and Mushroom Pocket



All the goodness from salmon and mushrooms are captured in this dish. Earthy mushrooms are great with the brightness of salmon. You can add lemon juice to give it a fresh zest.

Ingredients (Serves 2)

□ 2 (6 oz) skinless salmon fillets □ 4 shiitake mushrooms, sliced
□ 1/2 bunch cremini mushrooms □ 1/2 bunch shimeji mushrooms
□ 1 bunch enoki mushrooms □ 1 tbsp sake □ 3 tbsp unsalted butter
or □ 2 tbsp parve □ salt □ Cooked broccoli florets and cooked carrot lost into flower shape (steamed, cooked) or greenish □ 2 (8 x 12 inch) aluminum foil sheets

Directions:

1. Preheat the oven to 450°F. 2. Marinate salmon with sake and 1/4 tsp spoon of salt and let it sit for 10 minutes. 3. Cut off the dirty bottom part of the stems for shiitake, maitake, shimeji, and enoki mushrooms. 4. Gently tear the stems of mushrooms to separate. 5. Pat dry the salmon well with paper towels. 6. On each aluminum foil sheet, spread 1/2 tablespoon of butter to match the size of the salmon. 7. Place salmon on the butter and cover with mushrooms. Top with 1 tablespoon of butter. 8. Bring both sides of aluminum foil to the middle and seal the top by folding several times to form a tube. 9. Seal both ends by folding until salmon and mushrooms are in a neat single package. Be sure to seal all openings so that air and juices won't escape while cooking. 10. Put aluminum foil packet on cooking tray inside a 15-lb steamer or until salmon is cooked. 11. Garnish with carrot flower and broccoli florets and serve with parve.

TIP

You can use any mushrooms of your choice. A little lemon juice also enhances the flavor. Feel free to use extra-virgin olive oil instead of butter. Enjoy!



Asian Twists for Thanksgiving Party

Traditional Thanksgiving dishes are yummy and plentiful and absolutely make you feel happy, but it requires a lot of preparation time. If you're looking for something easy, try these Thanksgiving-inspired dishes using pre-cooked chicken of Day-Lee Pride's Crazy Cuisine series.

Sriracha Chicken Bites with Brussels Sprouts and Almond Slices



INGREDIENTS (Serves 4)

- 1 package of Day-Lee Pride's Sriracha Chicken
- 1/2 red onion, chopped
- 10-12 Brussels sprouts, halved
- 1/2 cup sliced almonds

DIRECTIONS

- Put almond slices in a pan and heat on the heat to medium.
- Shred almond slices by constantly shaking the pan until almonds turn slightly golden brown. Its critical not to burn them! Spread them on paper towels and let them cool down.
- Bring a medium pot of water to a boil and quickly blanch halved Brussels sprouts by cooking 3 minutes and then draining them out in a colander.
- Drain the Brussels sprouts and pat dry with paper towel. Set them aside.
- In a large pan, heat 1 tablespoon of canola oil and sauté chopped onion until they turn translucent.
- Add Day-Lee Pride's Sriracha Chicken frozen chicken bites and heat for 4 minutes.
- Add blanched Brussels sprout halves and cook for additional 12-15 minutes.
- Add a packet of Sriracha Chicken sauce that comes in Day-Lee Pride's Sriracha Chicken.
- Sprinkle toasted almond slices on top before serving.



Tip: This makes a great Thanksgiving dish. Adding some dried cranberries or fresh pomegranate seeds brings out a more festive touch.

Korean BBQ Chicken with Spaghetti Squash



INGREDIENTS (Serves 4)

- 4-5 cups cooked and shredded spaghetti squash (See step 1-4 below for how to prepare spaghetti squash)
- 1 package of Day-Lee Pride's Korean BBQ Chicken
- Chopped scallions and cooked broccoli as garnish

DIRECTIONS

- Cut the spaghetti squash in half lengthwise. Scoop out the seeds with a spoon.
- Fill a large pan with water. The pot should be large enough for the squash halves to submerge in the water.
- Bring the water to a boil and place both halves of the spaghetti squash skin side up into the pot. Bring the water back to a boil.
- Turn down the heat to simmering and continue to boil for another 30-45 minutes or until it becomes soft enough for a fork to go through. Do not overcook the squash as it starts to become mushy and won't hold the noodle shape as it gets shredded.
- Take out the squash halves and drain well.
- Hold the squash with a thick towel, skin side down, and scoop out the flesh using a spoon or fork.
- For 4-5 cooked and shredded spaghetti squash as a large serving plate and put a side.
- Cook Day-Lee Pride's Korean BBQ Chicken according to the instructions on the package.
- Place cooked Korean BBQ Chicken over the cooked spaghetti squash.
- Garnish with chopped scallions and some cooked broccoli. Serve while hot.



Tip: Using spaghetti squash instead of pasta or noodles makes this dish very low carb and also healthy.



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MONO-logue

"Mono" means "thing," "object," or "product" in Japanese, but it also implies that the thing has quality. In this corner, we introduce "mono" that characterize Japan's spirit of constant quality improvement.

Vol. 76 - MONO of the month

SONY Portable Ultra Short Throw Projector

Televisions keep getting thinner, lighter, screens are larger and more vivid than we ever fantasized. It feels like the future. But still the question remains — what's next? While projectors have been a niche alternative for decades, Sony has been working on its technology in new and inventive ways that might harbor what lies ahead. The **Portable Ultra Short Throw Projector (LSPX-P1)** is a portable, small-footprint device that projects a multitude of potential devices in a way that is forward thinking, the way only Sony can actually accomplish. Released in 2016, the LSPX-P1 didn't appear out of the air, as a variety of projectors have been produced for homes and offices for decades. What makes this particular device different is the approach and philosophy — how it will be used seems to be the main focus of Sony. The projector is highly portable — small enough to be carried with one adult hand — and a separate HDMI unit connects to a variety of devices, like laptops and Blu-ray players. But it is also designed to wirelessly interface with mobile devices, so it can accommodate people who use their phones or tablets as their main source of entertainment.

The entire unit comes in two parts. The projector is 5.25 square inches and 3.25 inches thick and weighs about 2 lbs. The high-contrast, laser-galvanized image comes from an SXRD panel, which displays 720p images that range from 22" to a whopping 80" — even when the device is only a foot away from the wall. It also houses two linear Reflex Speakers (though the unit can interface with external speakers), as well as a battery that lasts about 2 hours. The separate, wireless HDMI unit accommodates your laptop, cable box or home streaming device (Netflix, Apple TV) and transfers that signal to the projector seamlessly.

But this being Sony, the design also presents flourishes that elevate it from being "just a box" to a premium device, such as the perforated but sturdy metal housing and use of faux-leather texture on the sides. Whether you put it on a stand or keep it on a table, the LSPX-P1 blends right into any room — especially in smaller urban apartments. But this is also a wonderful companion for those who travel frequently, and like to feel like they're settled in whenever they go. Switch between a laptop, a PlayStation® or even your Android or iOS device.

But how does it actually look? Granted, in a brightly lit room, all projectors face the challenge of looking washed out. But even so, the images from the LSPX-P1 are incredibly sharp, and that even more visually striking in a darker room. There's also something about projected images that simply feel gentler on the eyes, and its fun to see how the screen becomes an organic part of the room, appearing and disappearing as needed. In a time when TVs can easily dominate a living space, it is nice to see something that remains so understated.

The most interesting aspect of the LSPX-P1 is that Sony isn't trying to replace the television. What it's trying to do is open our minds to possibilities. The projector can certainly be used as an on-the-go business presentation tool. At home, it can display your personal slideshow gallery. It can be the way you keep track of news and weather, or how you watch cooking videos while you're preparing dinner. And people will most likely to discover other uses for themselves. That's quite a future indeed.

For more information, visit the Sony Square NYC or www.sony.com



Would you guess that an 80-inch wide image could come out of something so small?



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44803	0.7mm	Black, Blue, Red, Green, Purple, Pink, Yellow
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44605	1.0mm	Black, Blue, Red

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On the Go with Savory Rice Ballsp



Onigiri or *anigiri* is portable, savory food that has fueled the stomachs of Japanese people for centuries and is considered Japanese "soul food." Originally, they were simply prepared as rice balls flavored with salt. Over time, they were filling onigiri with ingredients such as pickled plums, salmon, and cod roe, or mixing in ingredients like seaweed and sesame seeds, and at times encasing the balls with nori (dried seaweed).

It's an accepted notion in Japanese culinary culture that the rice, not the filling, is the real star of onigiri. Nowhere is this more evident than with Onusachi Gorbets specialty, their handmade onigiri. They start with high quality processed rice imported from contracted farmers in three regions of Japan. The rice is polished at their New York and New Jersey locations every day, which ensures optimum freshness and flavor. Their signature rice ball is see triangular and are about 30% bigger than standard size.

My visit to the Manhattan location came with an invitation to learn to make onigiri with Satoshi Okumura, who co-manages the place. He starts by scooping hot cooked rice which is weighed on a scale to ensure that the rice ball sizes are uniform. Then he places the rice on his left palm, on which

he makes a small well for the filling. He shapes the rice into a triangle by very gently pushing it with his right palm, and then turning and patting the ball around a few times to reach its desired shape. According to Okumura, the secret to making onigiri is not to smush the rice when forming it. He then seasons the rice lightly with Okumura's sea salt and tucks it into a small sheet of nori.

Okumura makes the process of creating onigiri seem easy — he can make ten of it in three minutes! It was a lesson in humility for me who has never made this treat, for I struggled when it was time to form the rice into its triangular shape. It was fascinating to watch and experience making onigiri but more than that, I appreciated the insights I gained on the Japanese's seemingly innate respect for ingredients, the processes in which they create their food, and the simple beauty that results from the process.

— Reported by Maria Sternberg



Here I am trying to shape the onigiri while Okumura repeats the process for my benefit.



Onusachi Gorbets
120 E. 41st St., 3rd Floor (Korean Building)
New York, NY 10017 | TEL: 917-429-9626

955 Ave. M., 3rd Floor (Midtown East)
Singapore, SG 436950
TEL: 351 941-8113 | www.onusachi-gorbets.com

The Manhattan location sells popular varieties such as spicy tuna. Spicy tuna mix is mixed with dried baby tomatoes & chives.



School Guide

The following is a list of schools where you can learn Japanese culture.
 ◆ Checkmark (✓) means it is available to sign up.

LANGUAGE

Midtown West The Nippon Club Japan Language N.Y.

28 Japanese Language Classes
 Adult students who are already up to Japanese and so practical Japanese (reading, listening, speaking, writing, grammar, etc.)
 150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200 www.nipponclubny.com

Midtown East Hills Learning

Hills Learning is a fully accredited institution in New York that specializes in foreign language instruction. They have a wide range of classes including Japanese, Korean, Spanish, French, Italian, German, Russian, Chinese, and Thai.
 150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200 www.hillslearning.com

Parkside Gem Academy of New York

Each semester, Gem Academy of New York offers a two-week intensive Japanese course. Students learn the basics of Japanese grammar, vocabulary, and culture. The course is designed for students who are new to the language and want to learn the basics of Japanese grammar, vocabulary, and culture.
 150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200 www.gemacademy.com

New Jersey Japan-Immersion Study Abroad

The Japanese program is taught by highly trained teachers who speak Japanese and are available to help students with their Japanese studies.
 150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200 www.japan-immersion.com

Upper West Friends Academy

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Upper West Japan KCI Foundation

45 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Midtown East ABC Language Institute Inc.

300 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Midtown East Japan Society

300 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Chelsea ABC Language Exchange

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Chelsea Times

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

West Village NYU-SEPS

212 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Long Island Long Island Japanese

212 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Long Island Long Island Japanese

212 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Westchester Kana Academy

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

New Jersey Inoue Mitsugu

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

New Jersey Full-time Learning Center

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

TRADITIONAL

Upper West Hermitage Japanese School

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Upper West Serika Shofu

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Midtown East N.Y. Tiger Kyushu School

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Midtown East The Nippon Club

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Soho Karanaka House

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

MARTIAL ARTS

Upper West O-Doga

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Upper West Kokoro Budo Institute

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Upper West Shorinji Kempo

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Upper West JFW Karate Dojo

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Midtown East Shorinji Kempo NY

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Midtown East KYOUSHIN KARATE

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Chelsea U.S. Budo Kar-Ku

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Chelsea Ueda vs Karate Dojo

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Chelsea World Sense Karate

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

East Village Karate Karate Dojo

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

East Village Oishi Judo Club

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Queens Fukuro Sudo Dojo

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Long Island Katsunaga Shikano Karate

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Long Island NY Sen Ten Karate

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Staten Island Judo & Judo Dojo

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

New Jersey Kakushin Judo

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

New Jersey KYOUSHIN KARATE NJ Branch

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

OTHER

Brooklyn Emma's Class

Emma's Class is a Japanese language and culture class for adults. The class is designed for students who are new to the language and want to learn the basics of Japanese grammar, vocabulary, and culture. The class is taught by a native Japanese speaker and is held in a comfortable and relaxed environment.

Upper East New York Academy

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Upper East Seon Weeung Arts

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Midtown East Nanyang Folk Art

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Midtown East Med, Sweet & Tonic

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Midtown East The Nippon Club

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Midtown East The School for Seisaku

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Midtown East Taha Shoji N.Y.

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Midtown East The DOJO

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Chelsea COMU

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Chelsea Seisaku no Ka Seisaku Co.

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Chelsea Flowmats School

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

Chelsea Premier Matchmaking Service for Gentlemen and Japanese Women

150 W 10th St. (bet. 4th & 5th Ave.)
 212 697-0200

SHORYUDO: Enter Japan's Dragon Route

by Greg Beck

Shoryudo, meaning "Rising Dragon Region," is Japan's name for its Central Region, designed to grab your attention, because who doesn't love dragons? Consisting of nine prefectures, there are many routes you can take.

One of these, the "Dragon Course" shoots north from Aichi's Nagoya, through Gifu, and into the "dragon's head": the Noto Peninsula of Ishikawa. The route promises and delivers fascinating traditions and awe inspiring natural beauty. Having just completed the trip, I feel the need to add food, sake, and natural hot springs to that list!

Uncovering Ancient Traditions

Spending a great day-out in Nagoya, after visiting Nagoya Castle and a lovely restored Tokugawa Residence, in Japan's third-largest city, I dove right into Gifu Prefecture to explore places essentially unknown by Americans. First on that list: Gyo City tucked away in the mountains. Gyo is the small castle town, most famous for this river - one of the tastiest sources of water in Japan, as well as Japanese immersion, and Azumae, indigo-dyed products. Culturally, they are known for a summer-long traditional dance festival, consisting of 30 days of various lively dances. Four of these days, during their August Obon-holiday, literally go all night long. While wandering the halls of my ryokan (Japanese-style house) that night, I was even pulled into another group's practice dance session, so saying these people love dancing is no joke! From the charming cobblestone streets I admired Gyo Castle and the beautiful river, lined with fishermen stretching out of sight downstream. At Sample-Kabe (tasting Workshop), I also had fun making some of those artificial food models you find in Japanese restaurant display cases, and

they even served this trip home to become souvenirs for friends.

Next, I stopped at one of Japan's UNESCO World Heritage sites, Shokunaga. The Gassho-style thatched roof cottages, traditions, and in many ways life in this village, has been largely unchanged since it was established 1800 years ago! This was actually my third time visiting, but each time, I enjoyed the scenery in a different season. There were a few firsts for me, like eating delicious-flavored ice cream (soboromo) in a strong, sweet, sake made locally, and being in the entire village from the Gyoraku Castle Observation Deck. I equally looked forward to returning to food, a small restaurant serving memorably delicious set-meals, and touring inside of one of a few traditional houses, made open to the public.

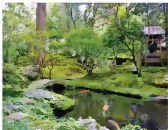
A good base to visit these places is Takayama City, for its central location in Gifu, access to public transportation, and the city's own museums, Old Town Sanmachi - a shopping street selling samples of premium Hida Beef (similar quality to Kobe Beef), socks, clothing, and several sake breweries. Be careful not to enjoy too much, or you might miss out on the excellent Miyagawa Morning Market, held nearby. In my case, a rainy day spoiled plans to tour the neighboring Hida City by bicycle. Instead, I basted around Hida, visiting locations that were used in last year's smash anime film "Your Name", and using my camera to recreate scenes at the Horyu, Buddhist temple steps, and train station. You don't need to see the film to enjoy Hida's own amazing restaurants and sake breweries, such as the Watamori Sake Brewery, famous for their Housu brand of sake, among other tasty labels they produce.

Climbing Higher into Paradise

From Hida, I jumped up to the north of this Dragon Course, to the city of Nanto on the inland bay of Ishikawa Prefecture's Noto Peninsula. Famous for their Wakura hot spring town, I stayed at a luxury hotel with bay-side views, called Anko-Kan, where I was pampered and served a seven-course meal while watching live, dinner theater performed in the round, including several traditional, local arts, such as their remarkable style of taiko drumming. You will pay a premium to



Amongst its myriad excellent hot beauty including the springs of Shokunaga, views of Gyo and also observation of Hida, visit your way to follow leg of the Dragon Course.



Kimono: From top center, Ishikawa's Kansen City offers a new window into the great traditions of food at eating, a Kanazawa gold shop master craftsman and his family of artisans behind the Natsu-Furukawa offers incredible traditional art masterpieces. The ancient and elegant Rinsen Ryokan in Kanazawa.

stay there, but it is worth the experience, at least once. Heading to historic Japansu District, I visited the Hanayama-Nose (meaning "bridal-carrier") Museum, to learn about the region's unique culture of making exquisite door-hangers for brides to pass through before joining their groom's family. They also featured an exhibit on Debayama - 20-ton parade floats used in their annual festival, assembled and pushed through the city, entirely by hand, without any machines or metal, including rails or motor! The exhibit had a 360-degree Virtual Reality video that was truly immersive! Before leaving Naka, I visited shops like the Kiyomoto Tea House, Tani Shoya-ten - the world's smallest soy sauce manufacturer, where third-generation owner Mr. Tani makes real Hatcho soy sauce entirely by hand, and toured the Noto Shokusan Fisheries's Wharf, going on a "Shokufu" Bay cruise, feasting sea gulls, drinking local craft beer, and eating some truly amazing sushi! Like Sake in Gifu Prefecture, Naka City is truly a magical destination, hidden in plain sight.

Just like Gifu's Tokuyama, the already well-known Kanazawa is a great central point for exploring Shikoku Prefecture's surrounding cities, and has a strong tourism infrastructure. The Nomura-like samurai household, for example, was famous with tourists, but for good reason: the guest house, relocated to the same family's 400-year-old garden, could not be more authentic, including Nomura's tea ceremony room, a tea ceremony room, and Buddhist altar. There is also Sakuda Gold and Silver Leaf Company, in the traditional Sessho tea house district called Higashi Chaya, where you can peer inside the press room, to witness pure gold being carefully pounded thinner and thinner into leaf, and Kanazawa, a Central Park-like museum Japanese garden with endless corners to explore.

Heading to Kanazawa City, I spent my final night staying at Rinsen Ryokan, literally the second oldest hotel in the world (less than 20 years younger than the first, also in Japan). Once again, I ate the finest multi-course dinner, prepared with local, seasonal ingredients, relaxed in the baths of their all-natural hot springs discovered by the hotel's founder, a Buddhist monk named Hoshu, and walked through their carefully maintained 1300-year-old garden and tea ponds. In addition to the serene and aesthetic atmosphere, there is a special, intangible feeling from being some-

where so historic, and speaking to the 45th and 47th generation owners of the family business, and other employees who have also worked there all their lives.

The trip to Kanazawa Airport and back to Tokyo for me was quick, but you could just as easily linger, or tour your way back by train. Shoryudo's Dragon Course left me feeling relaxed, motivated, and extremely lucky to have experienced so many wonderful new sights, and moments when reflecting on how many hundreds of years most of what I saw had existed, through the hard work and respect of the people I met, and their families before them.

Shoryudo & the Dragon Course Map



Shoryudo, writer, journalist and home brewer. University of Arizona graduate, an amateur foodie, the travel bug. @SHORYUDO

BUCKET LIST TRAVEL: ISTANBUL

Istanbul, Turkey is an iconic destination for travelers, a mix of Ottoman, Byzantine, and Roman architecture, as well as numerous traditions and customs influenced by the many empires that once ruled the region. But did you know that the city has a distinctive Asian side along with its European side? Located on the Eastern side of the city's Bosphorus Strait, this part of Istanbul distinguishes itself with its plethora of greener spaces, a less-hyped way of life, delectable dining options and a bustling nightlife. If you make it to Istanbul, make sure to head to the Asian side—also known as the Anatolian Side—where the relaxed atmosphere and up-and-coming neighborhoods will astound you.

Getting in is easy. The Sabiha Gökçen Airport is located on the Asian side, and from here, it's easy to take a bus into the city if you're flying into Ataturk Airport on the European side of Istanbul, a quick ferry across the Bosphorus will get you to the Asian side. There are numerous ferry lines that will take you to different neighborhoods of the Asian side. If you want to take the train in, you're out of luck—the famed Haydarpaşa Station on the Asian side is currently undergoing renovations to accommodate a high-speed railway. However, this iconic and remarkable piece of architecture still warrants a visit

on its own.

Speaking of beautiful architecture, this is one of the hallmarks of Istanbul, and the Asian side is teeming with Instagram-worthy structures. The **Baylerkapi Palace**, built in the 1600s by Sultan Abdulaziz, is a fantastic example of ornate Imperial Ottoman architecture. But it is also famous among tourists for its unobscured view of the Bosphorus— from the second floor window. There are also several historical fortresses in the city like **Anadoluhisari**, built in 1395 on the narrowest part of the Strait. **Yenice Castle**, overlooking the Black Sea, is also a must. Located in the fishing town of Anadolu Kavagi, this is also great place to spend the day, walk around, and dine at local eateries.

Make sure to make your way to the **Moda Caddeasi** neighborhood, which once was called home by wealthy merchants. Today, it still retains its upscale charm, has several parks to wander through as well as quaint boutiques and sidewalk cafés. But most interesting is the neighborhood's large collection of artists—jewelry makers, handicraft workshops, art galleries, game makers, and taverns abound. If you're looking for a one-of-a-kind shopping experience, this is where you'll uncover everything from notebooks to accessories to art that will forever remind you of your trip.

And, lastly, walk down the beautiful, tree-lined **Bağdat Caddesi** is essential. Though located on the Asian side, the 3.7-mile long commercial stretch (the entire avenue is 8.7 miles) offers a



European flair that rivals anything across the Bosphorus, and is backed by numerous shops, restaurants, and cafés. This road also connects to the popular neighborhood of **Kadıköy**, where you can finish your stroll with a ride in a hot air balloon. While balloons remain moored, you can head up 650 feet in the air to see some incredible vistas of Istanbul. After that, stick around for a while—this neighborhood is also home to some of the finest food markets, cafés, and restaurants in all of Istanbul. And at night, Kadıköy rivals the European side's nightlife scene of Beyoğlu, with its many pubs and bars.

What is there to eat on the Asian side, you might ask? There is a wide range of dining options, from high-end to casual, from Turkish to even Japanese cuisine. But for local fare, one essential restaurant is **Çiya Sofrası**, which offers authentic, home-style Turkish dishes, and cannot be missed. The cozy **Saklık Sığır** presents everything from Turkish coastal to fresh-caught fish. Street food, from various toast (thick grilled sandwiches) *simit* (fried dough rings) and quintessential doner kebabs (meat cooked in layers on a vertical rotisserie) will fuel you throughout the day.

At night, for when you're ready to retire, you will have a range of choices when it comes to hotels, from converted distilleries by the water to modern hotels complete with rooftop pools. This is an ancient city with a old soul, but also a youthful spirit that will enchant you.



Scenic landmarks like Yatai Castle will reward themselves as you take a ferry ride along the Bosphorus Strait.

ELEVATED KOREAN CUISINE

JUNGSIK

Fine dining Korean restaurant Jungsik arrived on the Tribeca scene in 2011, and has since garnered two Michelin stars. Helming the kitchen is Korean born chef Ho Young Kim, who previously worked at Jungsik's original Seoul location. The restaurant's two offerings are its nine course Signature Daejog (\$200) and five course Seasonal (\$125) menus, both with wine pairing options from the 700-800 types on hand. Through his cuisine, Kim's goal is to present not only Korean ingredients and techniques, but also insight into Korea's cultural background. For example, the Jangjima octopus is braised for 2-3 hours in dashi before being lightly fried and served with an ash sauce made using gochujang (fermented red pepper paste) to give it a Korean flavor. Also, this menu's baejang is grilled so that its skin remains crispy, and then served over white lamuach with perilla (sesame) oil surrounding it. Desserts even get a Korean twist, such as the Omeja (shaved ice) topped with Omeja Jjup. Omeja is a Korean berry used to contain the five flavors of sour, bitter, sweet, spicy and salty. For those who have a sweet tooth, there is a five course dessert tasting (\$55, wine pairing option for an additional \$35) that includes the Omeja Bingau and is a fusion of Korean and Western tastes. In addition to Jungsik's wide selection of wines, there are Korean inspired cocktails like Omeja Jjup which uses the aforementioned berry and Eve to die Hundee, comprised of Milsokju (unfiltered rice wine), Jeju (distilled rice liquor), and Baekseju (ginseng herb liquor). Drinking the latter just might guarantee you a long life!



Delish the four country offering of the Signature Daejog menu and three Jangjima beef short ribs are prepared in traditional Korean style.



The Signature Daejog octopus is braised in dashi for 2-3 hours.



Omeja Jjup (berry-based) is one of Jungsik's delectable desserts.



Jungsik's stylish interior is a perfect place to enjoy its fine dining offerings.

Jungsik

311 Madison St. (at Hudson & Greenwich Sts.) New York, NY 10013
Tel: 212-219-0888 | www.jungsik.com



Heihachiro Imo
Sweet Potato "Shochu"
Sassy. Voluptuous.



Kappa Imo (sweet potato) "Shochu"
Light. Smooth. Zestful.



Heibess Cool "Shochu"
Smooth. Inviting. Passionate.

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JFC International, Inc. 908.525.4400

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Wine of Japan Import, Inc. 973.835.8585

STRIKING GOLD AT BOWERY AND CANAL RICE & GOLD

Chief Dale Taldie's newest restaurant may be one of the most significant openings in Lower Manhattan: *Rice & Gold*, located on the western edge of Chinatown, is not only an accomplishment for Pan Asian cooking, but also a beacon of change for the neighborhood — one that it desperately needs after many diners have turned their attention to Flushing and Sunset Park. Taldie pays homage to numerous inspirations here, from his Filipino roots to the many Chinese, Thai, and Vietnamese restaurants still making bona fide food around the corner. Highlights include the Coconut Shrimp, served with chicken liver mousse, which effectively tames Southern and Filipino comfort. For those new to cuisine from the Philippines, the Pork Sog is an excellent introduction, combining chewy noodles, crispy pork, and a dash of Calamansi (a citrus citrus) — families and large groups should make sure to indulge in spectacular, large format dishes like the whole Peking Duck, the Grilled Lobster, and the *diaw* / *diaw* Taldie succeeds at making rich and energetic and memorable through speed on flavors and presentations, and the wow factor is certainly there. But even the most distinctive of dishes pack a punch — make sure to start with the wonderfully balanced Pho Soup, Dumplings and Lobster & Scallops Koi Tea, both of which could certainly throw down with the best dumplings in New York City. Located on the ground floor of Hotel 50 Bowery, the Gotham atmosphere fits nicely with a view of the Manhattan bridge arch that is distinctively New York. Don't miss it.



Make your own Grilled Lobster wrap with delicious sauce and rice.

Unique Shrimp are perfectly tender and delicious.



Before you know it, your bowl of Pork Sog will be all gone.



Gold accents and grills throughout the expansive space tie everything together.

Rice & Gold
50 Bowery St. Canal & Royal St., Hotel 50 Bowery ground floor, New York, NY 10013
TEL: (212) 510-0166 | www.riceandgoldnyc.com

Extra Large Soup Dumpling

From Table! Food Safety Guaranteed!



1. Uncooked dumpling



2. Steaming for 15 mins



3. Testing the soup with straw



4. Testing the filling with spoon

DRUNKEN DUMPLING 醉

337 FIRST AVENUE (BET. 8TH AND 9TH STREETS)

SUN-THUR 12PM-10PM FRI-SAT 12PM-10PM 212-562-8862



Other Asian Restaurant Guide

\$25 Average price for dinner (includes alcohol & tip) or more

- Available for delivery
 - Open for lunch
 - Open for brunch
 - Open for dinner
 - Family dining
 - Local favorite
 - Signature specialty
 - Weekend brunch
- Chopsticks NY available to pick up

CHINESE

Upper West	Legend 32
207 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-693-0700	
Upper West	Oh's
208 Broadway (bet. 15th & 16th St.)	\$25 (L)
212-693-0700	
Upper East	Cala Eastgreen
150 E. 49th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-754-2000	
Midtown West	Chin Grill
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-754-2000	
Midtown West	King Chinese Restaurant
204 W. 40th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Midtown West	Joe's Shanghai
214 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Midtown West	Tiger Noodle Bar
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-754-2000	
Midtown East	Huana House
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	

Midtown East	Huana House
207 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	The Cottage*
207 W. 40th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Dumpling Man*
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Drunk & Drunking
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Bing Kitchen
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Buddha Garden
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Golden Dragon*
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Shanghai Garden*
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	East Wind Search Shop*
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Himalayan Yak Restaurant
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	

KOREAN

Upper East	Cho Dang Gai
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Dan's Kitchen*
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	HAN EAT*
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	

Upper East	Hyo Dang Gak*
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Mindogun*
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Social Cuisine
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	THAI
Upper East	Up Thai
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	WINE
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Winebar*
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Panang Thai*
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Yao Yoo 3*
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Yao Yoo Bangkok*
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Yao Yoo Two
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	At Thai Place*
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	OSAO
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	SONGKIAN
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Bangkok 2 Thai*
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	

Upper East	Spice
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Zab Zab
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
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Upper East	Noodle Bar NYC
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Chai Thai Kitchen*
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Yin Yin
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Sin Orchid Thai Kitchen
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Spice
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Abolito Thai Home
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	

VIETNAMESE

Upper East	Seigun
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Seigon Market
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Nha Trang Sea
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Paris Restaurant*
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	El Pho
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	

OTHER

Upper East	Amber*
107 W. 34th St. (bet. 3rd & 4th Ave.)	\$25 (L)
212-254-2000	
Upper East	Cheer*
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Entertainment Event / Le sure

Exhibition

November 2-8

**Junichi Nakashima Exhibition: Flowers and
Senses-Inspiration of Beauty in the Natural World
The Nagata Gallery**



As a winning poet, writer, actor, and artist, Junichi Nakashima will have an exhibition and solo performance at The Nagata Gallery. Nakashima was inspired by Vincent Van Gogh's life and arts practice at the age of nine, visiting him to begin painting. In Nov. 7, he will present his solo performance, "Ancient Van Gogh", followed by a talk "Van Gogh and I".

Location: NO. 8, 5th Fl., (Jct. 4th & 4th Ave.), New York, NY 10007
TEL: 212-697-0022 / www.nagatagallery.com

November 4-15 FREE

**Peter Katsuta Lucky Matsuda's Solo Exhibition
"Pleasure List"**

Manax

The works of potter, Katsuta Lucky Matsuda will be on display in the solo exhibition "Pleasure List" at Manax Japanese antique and craft shop and gallery. Matsuda, based in the Tokoname area of Aichi Prefecture, famous for its pottery, will bring his ceramic art, such as rice bowls, teapots, small bowls, and small dishes and plates. His everyday ceramics are unique, easy-to-use clay vessels that are inspired by both Japanese minimalist and traditional culture. The opening reception will be on the 4th floor 5-7



pm, and there you can enjoy wagashi (traditional Japanese confectionery) made by Miyuki Hyodo.
Location: 87 2nd Ave., (Jct. 12th & 13th St.), New York, NY 10002
TEL: 212-695-5866 / www.manax.com [E]

November 8-12, 15-19 FREE

Artists from Japan Series Autumn Exhibitions

Ashok Jain Gallery

The Ashok Jain Gallery will have two autumn exhibitions of its Artists from Japan Series from Nov. 8-19. The first part, from Nov. 8-12, will feature the "Zukko - Art & Craft Gift Show" as well as artist, Mase Kawamura's music exhibit "Color Wave", with an opening reception on the 5th floor 6-8 pm. The second part, from Nov. 15-19, will be the "Indieproduct New York Exhibition by Tagboard Japan" showcasing 17 selected artists' works, which include the top 5 artists awarded in the Tagboard Art Fest held in Tokyo. The opening reception will be held on the 10th floor 6-8 pm.
Location: 58 Nader St., (Jct. 4th Ave & 4th St.)
New York, NY 10002
ajg@newyorkindie.com



the area called for the construction of the 2020 Tokyo Olympic Stadium and the Land Miracle First that survived the 2011 Tohoku earthquake and tsunami. Over 150 musicians will be present to perform traditional Japanese folk songs and American classics. It also features folk singer, Kameo Yaguchi's enchanting voice and the Ai Chorus directed by Aika Kawamura. Proceeds from this concert will support The ALS Association Greater New York Chapter. Tickets are available at CarnegieChgo via phone or online indicated below. If you mention Chopticks NY with a code DART6785, you will receive 20% discount.

TEL: 212-697-7980

www.thecarnegiechgo.org/tickets/2013/10/10/6785-Pub-Super-Discount-Guestlist/

Workshop

November 11 & 12

Sketch to Stitching Workshop in Tokyo

Upcycle Stitches

Sashiko is a traditional form of stitching worn in Japan, which has been adapted for contemporary fashion style. Upcycle Stitches is offering 3-hour intro and Sashiko workshops on Nov. 11 and 12, where master instructor, Asumi Furutaya will be teaching the history of Sashiko as well as Sashiko techniques and tools. Students who sign up for this workshop will receive a bundle of tools and fabric needed for the workshop. Students can also purchase Upcycle Stitches products at a special sales price. To register, visit their website. Local-area drinks will be given only to those who register for the event.

Location: Photo zone in Tokyo

www.upcyclestitches.com

Performance

November 12

**Requiem Life: The Last Miracle Pine Trees in
Sawada and Gifu**

Japan Kotozura Ensemble

Presiding across, lacquer and wooden flute instrument known for its lasting qualities. Led by artistic director and lacquer master, Kotozura Ensemble, the Japan Kotozura Ensemble will make its Carnegie Hall debut. The lacquer instruments they use in this performance are made of wood from various trees with staves. Such trees include

DEALS OF THE MONTH

JetPens Stationery Giveaway



JetPens is an online creative Japanese stationery shop that offers a wide variety of gel pens, mechanical pencils and pens. There are also traditional art supplies such as paints and brushes, as well as cute accessories like washi tape, wall stickers. Check up your desk with unique and innovative stationery from Japan by entering the JetPens raffle!

1 lucky winner will get a Japanese stationery set which contains a set of colorful Zebra Sarasa gel pens, a set of 2 pencil holders and a Rakugo pen case that can be folded into a standing pen cup. To enter, send an email with your name and address to penpencil@jetpens.com with the header labeled as "JetPens Giveaway" by Nov. 30. The winner will receive the prize directly by mail.

www.jetpens.com

Win a Pair of Tickets to Rakugo Performances by Katsura Sunshine

Rakugo is a traditional comic story telling enjoyed in Japan for over 400 years. Often described as "let them comedy", it features a lone storyteller dressed in a kimono entertaining guests with a comic monologue using hand-drawn puppets. Katsura Sunshine is a Chiba-born rakugo-ka (rakugo performer) who performs rakugo both in Japanese and English. He will debut OTT Broadway this November at Seno Playhouse. Celebrating this, ChopstickNY is giving away tickets to his performance. 11 lucky ChopstickNY readers will have a chance to win a pair of tickets to each show (2 per winners per show) indicated below. To enter the raffle, send an email to advent@chopstickny.com by Nov. 30 with "996293" & the show date you want to attend* in the header.



Show Schedule

Opening show (2 per) November 26, 27, 28, 29, 30, Dec. 1, 2

Return (2 per) November 11, 21, Dec. 7

Online Solo Performance

11 November 3, 1st, 2nd, 3, 4, 4th Dec., New York, NY 10013

www.rakugosunshine.com

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—Keren Merli, *former lead dancer of the English National Ballet*

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—Monique Dupont, *goddessvine.com* watched Den Tan Jones

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† *Model and Overall Fitting and Prediction of the 1000 Genomes Project Data* (http://www.1000genomes.org/). The 1000 Genomes Project, including information, methods, and data, is available online at www.1000genomes.org.

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